

# 5 Ways To Wellbeing

Make the 5 your ways

Research from around the world shows you can improve your wellbeing and happiness by doing five simple things as part of your day: connect, be active, keep learning, be aware and help others.

Doing these five actions can help you cope better with stress and to live longer, happier and healthier, in ways that are good for you and others! So regardless of how well, young or old you are, everyone can benefit from giving the 5 Ways to Wellbeing a try. Do them at work, home or school. It costs nothing and is easier than you think! Here are some ideas to get started:



## Connect



Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.



## Be Active



Keep your mind and body active. Step outside your house or go for a walk or run. Play a sport, dance, ride a bike or do some gardening. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.



## Keep Learning



Try something new or rediscover a past interest. Learn to sew, read a new book, listen to a radio program or take on a new role at work. Learn to play a musical instrument or do a computer course. Learning can be fun. It can give you a sense of achievement and build your confidence.



## Be Aware



Be aware of the world around you; notice the changing seasons and the beautiful sights, smells and sounds as you do your daily activities. Notice how you feel. Try this as you walk, eat lunch or wait for a train. Being aware of the 'here and now' can help you feel calm and reduce stress.



## Help Others



Do something kind for a friend or stranger. Thank someone, smile or say hello. Give your time to a community group or help a neighbour. Helping others can give you a sense of purpose and belonging, build friendships and make your community a better place.

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